

SALUKI GREEN ACTION TEAM



A WEEKLY EMAIL NEWSLETTER

OCTOBER 2020 • ISSUE 5

Hello Salukis! We are on week 8, midterms are approaching! Hang in there guys, do not give up or give in!

"LET'S NURTURE A HEALING COMMUNITY FOR A BETTER SHARED WORLD"

QUICK LINKS:

- [Green Tour](#)

- [People's Ecochallenge](#)

- [@SIUCSustainability](#)

- [@siusustainability](#)



Are you feeling stressed? Are you not having time to give yourself attention and self-care? This week, the Sustainability team would like to invite you all to join our team and participate in The People's Ecochallenge, from Oct. 7-28.

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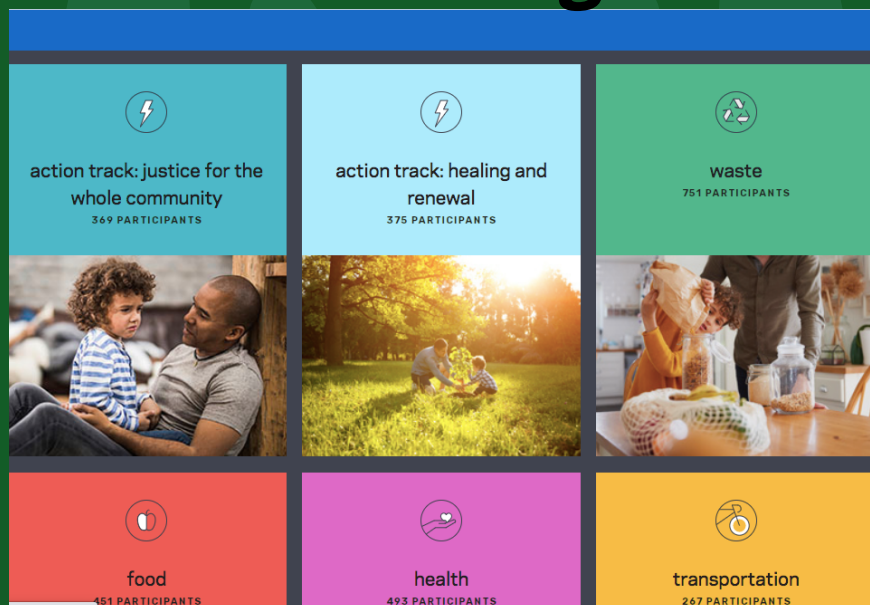


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Don't let the word, "challenge" scare you off just yet! The People's Ecochallenge is a fun and social opportunity for all people to take measurable actions in the issues you care about. More specifically, we'll nurture the healing and renewal of ourselves, our loved ones, community, and planet. It is also a way to practice and catch up on self-care and well-being activities that can be done on an everyday basis.

action track: healing and renewal



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In addition, add us on social media platforms such as Facebook and Instagram to see more clearly some of the activities you can partake in daily as well as reminders.

It is very simple to join:

1. Simply click the link provided in the quick link section as well as **here**, to sign up quickly.
2. Look at the actions we're asking you to do.
3. Execute the simple task, do what you can do, don't feel pressured.
4. Invite your friends and families!
5. watch our social media platforms where we will make posts reminding and encouraging our team

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Some actions we will be asking of our team:

<p>HAPPINESS DO AT HOME</p> <p>I will write down three things every day that I am grateful for, or send one email every day thanking or praising someone.</p> <p>LEARN MORE</p> <p>JOIN TO SELECT</p> <p>DAILY ACTION</p>	<p>PRACTICE LOVING-KINDNESS MEDITATION DO AT HOME</p> <p>I will spend (____) minutes practicing Loving-Kindness Meditation to nurture love and compassion for myself and others.</p> <p>LEARN MORE</p> <p>JOIN TO SELECT</p> <p>DAILY ACTION</p>	<p>TEND A GARDEN DO AT HOME</p> <p>I will tend to a garden, or prepare for one, each day using sustainable gardening practices.</p> <p>LEARN MORE</p> <p>JOIN TO SELECT</p> <p>DAILY ACTION</p>	<p>FORGIVENESS DO AT HOME</p> <p>I will begin, or continue, on the journey of forgiving myself and/or other(s). I may do this through journaling, meditation, prayer, and/or talking with a licensed healthcare professional.</p> <p>LEARN MORE</p> <p>JOIN TO SELECT</p> <p>ONE-TIME ACTION</p>
<p>LEARN ABOUT CONSTRUCTIVE COMMUNICATION DO AT HOME</p> <p>I will spend (____) minute(s) learning about constructive communication.</p> <p>LEARN MORE</p>	<p>RESEARCH RESTORATIVE JUSTICE DO AT HOME</p> <p>I will spend (____) minutes learning about restorative justice and conflict resolution opportunities in my own community or state.</p>	<p>ENGAGE IN ACTIVE LISTENING DO AT HOME</p> <p>I will practice actively listening to a friend, family member, co-worker, acquaintance, or someone who I may disagree with in at least (____) conversations.</p>	<p>CREATE A CUSTOM ACTION</p> <p>Ideally, you'll choose at least one measurable goal so that you can measure your success</p>

We look forward to you joining our team!

"We cannot best support our community and living planet if we're burnt out"